



Banana Bread Bars

School-safe, Nut-free, Gluten-free, Dairy-free
Makes 12 bars

INGREDIENTS

- 1/2 cup raw buckwheat groats*, ground into flour
- 2/3 cup rolled oats
- 1/4 cup shredded unsweetened coconut
- 1/4 cup chia seeds
- 1/4 tsp cinnamon
- 1/4 cup chocolate chips (Use Enjoy Life Brand to be dairy free)
- 3/4 cup mashed ripe banana (about 2 small-medium)
- 1/2 cup toasted soy spread for school (or natural peanut butter for home)
- 1/4 cup maple syrup
- 1 tsp pure vanilla extract

DIRECTIONS

1. Preheat oven to 350F and line an 8-inch square pan with parchment paper.
 2. Add raw buckwheat groats into a high-speed blender and blend on high until fine flour forms, some pieces are fine. Pour into a a mixing bowl with the rolled oats, coconut, chia seeds, cinnamon. Whisk together then add chocolate chips.
 3. Add bananas to the blender and puree. Add soy spread, maple syrup and vanilla extract and blend to combine.
 4. Add the wet mixture to the dry mixture and stir well until combined. The dough will be sticky.
 5. Scoop batter into prepared pan. Level batter by wetting your hands and pressing into the pan.
 6. Bake at 350F for 22-26 minutes, or until the edges are golden brown and the bread is firm to touch. Cool in the pan completely before removing and slicing into bars.
- * Buckwheat groats can be found at your local bulk food store. If you can't find them substitute for oat flour by blending 1/2 cup of oats into a flour.

This recipe was inspired by Oh She Glows Banana Bread Protein Bars.
<http://ohsheglows.com/2013/04/17/banana-bread-protein-bars/>